



For immediate release

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INSHAPE INDIANA TO HOST 2ND ANNUAL HEALTH SUMMIT

INDIANAPOLIS---INShape Indiana will host its 2nd annual Health Summit on Monday, November 27 at the Indiana Convention Center in downtown Indianapolis. The Summit will feature Governor Mitch Daniels, Jared Fogle (the “Subway guy”), State Health Commissioner Judith A. Monroe, M.D., and other motivational speakers.

The purpose of INShape Indiana is to improve and advance the health of every Hoosier by providing the tools needed to adopt healthier behaviors. INShape Indiana encourages individuals to eat better, move more and avoid tobacco.

“Good health is everyone’s business,” said Dr. Monroe. “INShape Indiana is about bringing people together on the grassroots level to promote healthier behaviors, and we want this Summit to provide individuals and organizations with the tools they need to develop partnerships to make this a reality in their local communities.”

State health officials report Indiana is 2nd in the nation for smoking, and 10th in the nation for obesity. In order to help change these statistics, the goals of the summit are to:

- Increase knowledge of public health and its relevance and value to all people in Indiana.
- Link applicable resources in public health with individuals and organizations.
- Foster leadership practices that enable individuals and organizations to serve as agents of change within their communities.

The INShape Indiana Health Summit will emphasize nutrition, physical activity, and tobacco cessation. The target audience includes members of the community, schools, businesses, religious leaders, health professionals, policy makers, media representatives, parents, and students. The summit will include afternoon breakout sessions on a variety of topics, including school and worksite health, community/faith-based organizations, individuals over age 50, and people with disabilities. Online registration and the summit agenda are available on the INShape Indiana Web site at www.INShape.IN.gov. The registration fee is \$15.00, but students get in for free with a valid student ID. The registration deadline is November 20.

Gov. Daniels launched INShape Indiana in July 2005, challenging Hoosiers to make healthy choices. The program provides statewide information on physical fitness activities, nutrition, and smoking cessation through its Web site at: www.INShape.IN.gov. INShape Indiana is personalized and allows participants to track their progress on the Web site.

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MEDIA CONTACT: Jennifer Dunlap, Indiana State Department of Health, (317) 233-7090